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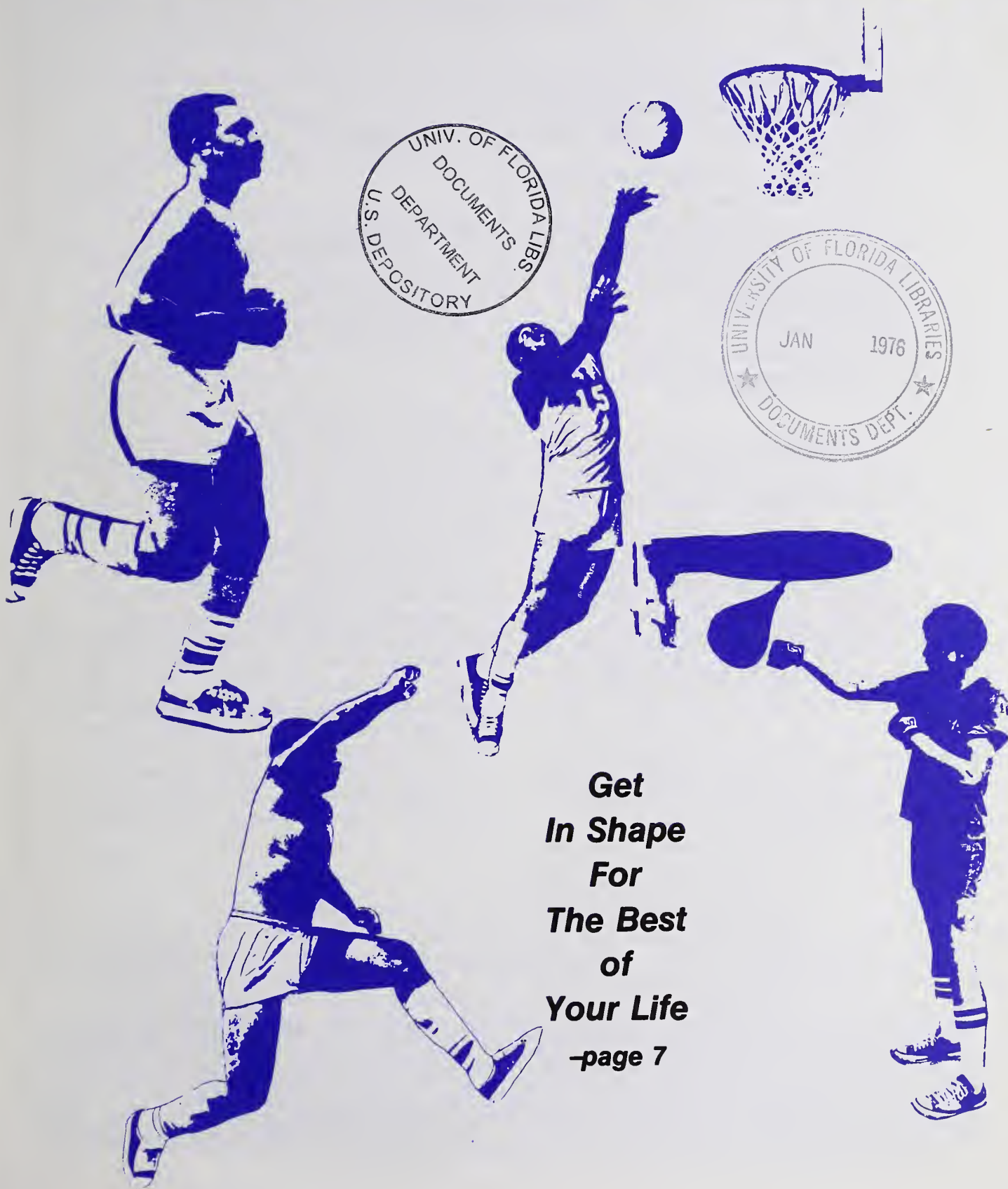
the

september 1974



HALLMARK

united states army security agency



**Get
In Shape
For
The Best
of
Your Life**

-page 7

Energy Savers

The Army began an energy conservation program in July 1973 and thus far has saved approximately six million barrels of fuel. This amount doubled the FY 74 goal.

To determine what individuals are doing to conserve energy in their homes and to encourage new ideas on how the Army can further its goals, individuals were asked "Energy conservation is dependent upon efficient and economic uses of all energy sources. What do you plan to do to aid in the conservation effort?"

"In addition to current Army-wide conservation efforts, what else can the Army do to achieve its goal of a 15 percent reduction in use of fuels?"

Clean up . . .

"If the windows were washed inside and out, more light would come in and we wouldn't have to constantly keep the overhead fixtures on."

GS9

Continue present efforts . . .

"Carpooling should be continued. Try to adjust winter living to 68° daytime and 65° nighttime thermostat setting.

"The Army will have to continue a good information program and insist that maximum conservation efforts be practiced at all times."

GS12

"We should continue the conservation efforts started last year—keep the thermostat low and turn off unneeded lights. Workload and travel permitting, I will rejoin a carpool.

"Rather than start new energy conservation programs, the government should strictly enforce those they now have. Many rooms remain lighted when not in use. Commercial transportation should be used in lieu of individual cars or motor pool transportation. Faucets should be fixed immediately. Do what the Hallmark did and cut back on the number of copies printed. Make sure that every copy printed is actually required and used."

GS 12

Workable ideas . . .

1. Install a thermostat in each room.
2. Change to a four day work week.
3. Require personnel to keep doors closed."

GS 9

Personal efforts . . .

"I sold my automobile; thus my walking conserves fuel. I think the Army should try to consolidate motor pool runs as was done during the 'energy crisis' in lieu of sending numerous vehicles simultaneously to the same location."

SFC

"I plan to practice and encourage maximum savings/conservation of all direct and indirect uses of energy to include limiting use of water, heat, air conditioning, and all uses of electricity. Promote recycling of paper, tin, aluminum. Encourage car pools, public transportation and non-vehicle transportation, i.e. walking, and bicycling. I plan to train members of my family to use fewer utilities and maximize reuse of all goods.

"Success in Army conservation efforts will depend upon personnel involvement and conviction by each individual that it is important. Rating forms (OERs and EERs) could contain a statement along the lines of Equal Opportunity clause that the individual did or did not maximize energy/cost/material savings in his performance of duty. A step farther would be to hold individuals monetarily liable for excessive use of utilities and goods. Make review of usage an IG inspection subject."

MAJ

There's too much waste . . .

"There seems to be too many people in the Army doing a lot of running around and not getting very much done. Gas, oil, electricity could be saved in places like the rod and gun clubs, snack bars and officer and EM/NCO Clubs."

SGT

*Published monthly in support of U.S.
Army information objectives*

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Our cover—Exercise friends and foes, gather 'round; it's time to get in shape.

See how well you fit into ASA's shapely picture beginning on page 7.

Special photography effects by SP5 Vern Wicks.

TO ALL MEMBERS
UNITED STATES ARMY SECURITY AGENCY

As the Agency celebrates its 29th anniversary and begins its 30th year on 15 September 1974, I wish to extend my sincere appreciation for your loyal assistance and cooperation over the past year.

Being an integral part of a volunteer Army, I know you are fully aware of the many responsibilities and challenges which we face both overseas and here at home. With your individual dedication and combined skills, I am confident that the coming years will continue to be proud and rewarding chapters in the Agency's history.

As your Commander, I am grateful for all that you are accomplishing and proud to have shared service with you.

George A. Godding
GEORGE A. GODDING
Major General, USA
Commanding

A Tribute to
General Creighton Abrams

"General Creighton Abrams was an American hero in the best tradition. In the heat of battle, and in the gray corridors of the Pentagon, he proved that he was that rare combination—a man of action who was also a first class administrator.

"He was also a colorful, courageous leader who won the admiration and respect of enemies as well as allies and subordinates. His 38 year military record spanned three wars, as he rose from 1st Lieutenant to Chief of Staff in 1972. He has left us an example of service and a memory of heroism that future generations of Americans in and out of uniform will long cherish. We will miss him very much."

President Gerald R. Ford

MAJOR GENERAL GEORGE A. GODDING, *Commander, US Army Security Agency*

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SEC DET Okinawa says

Sayonara

“**A**nd I was just getting used to the place...” After 21 months of operation, ASAers were getting used to Okinawa, its people, multiple festivities and beautiful water. At the end of June, some ASAers were waving their final goodbye to Okinawa: the USASA Security Detachment, Okinawa, closed its doors.

The move doesn't affect scores of people; in fact, the Security Detachment only had an authorized strength of 37 officers, enlisted men and women. But these people enjoyed the somewhat short beaches with all types of marine life living on the coral reefs only slightly off-shore.

The weather has been described as “hot and comfortable”, but the land itself was full of mystery. Remnants of war could be found everywhere. But as the Security Detachment leaves,

these sights will remain for other island visitors to enjoy.

The Security Detachment, a subordinate element of the USASA Security Group, Pacific, had as their primary mission, to provide Signal Security support to US Army elements and selected Department of Defense activities throughout the Pacific.

A lack of SIGSEC awareness among these elements was a constant problem to the Sec Det men and women. During their 21 month existence, significant gains were made in increasing the degree of SIGSEC awareness. Comprehensive and effective COMSEC and SIGSEC programs were established. Education was the key here.

In their free time, members of the unit could enjoy the Na Ha night life.

BC Street and Gate II Street seemed to be popular spots for those with a twinkle in their eye. One report from Okinawa says that “there are at least three strip shows per night.”

Those interested in less sedentary entertainment enjoyed Motocross, castel-hunting and people meeting.

Duty time was a different story —last year in addition to the normal support requirements, the Security Detachment provided support to three Joint Exercises: Foal Eagle, Jolly Roger 74 and Nickel Plate. These exercises highlighted the compatibility of Army, Navy and Air Force personnel and resources as working SIGSEC teams.

The ASA Security Detachment leaves Okinawa knowing it performed “a job well done.”





Mortgage news—Interest rate on mortgages for GI home loans have just increased from 9.25 to 9.5 percent under a joint agreement by the Veterans Administration and the Department of Housing and Urban Development.

VA reasons that if the interest rate had remained at 8.5 percent during the current housing market situation, veterans would have found it almost impossible to obtain VA-backed loans from private lenders. The 8.5 percent rate was not competitive, and private lenders had become reluctant to finance homes for vets without payment of points.

The VA guarantees 60 percent up to a maximum of \$12,500, (whichever is less) of home loans that private lenders make to eligible servicemen and veterans who served during World War II and after.

Members who were separated from the service because of service-connected disabilities are also eligible for VA approved loans. Widows of eligible servicemen and spouses of members who have been reported as missing-in-action or prisoners of war for more than 90 days may apply for a GI Home Loan.

The increase in interest rates does not apply to mobile home loans.



The road to many stripes—If you're an E-4 or E-5 yearning to change your sleeve patches, here are a few things worth considering to increase your promotion chances.

First, your military occupational specialty (MOS) has considerable impact on your chances for promotion under the E-5 and E-6 semi-centralized promotion system.

To be eligible for a promotion, you need a MOS score of 110. Your commander may waive this to 100. If you have two MOSs, your chances for promotion are increased, because you can compete in either your primary or secondary MOS (SMOS). If you do not already have an SMOS, consider trying to obtain one. It's wise to see your personnel office or consult DA circular 611-14 to find out what MOSs are under-strength not only in your grade, but in higher grades as well.

Did you know the status of strength in each MOS for each grade affects your chances for promotion? Generally, promotion to E-5 and E-6 are allocated for specialties that are understrength. The greater the shortage, the larger the number of promotions allocated.

If you are shopping for a SMOS, one clue is to look at the monthly promotion cut-scores. The MOSs that are consistently over-strength will have extremely high cut

scores, while those that are short will have low cut scores.

Extended semesters—Veterans who served between 1955 and 1966 now will have 10 years to use their education benefits.

This extension also covers wives and widows. Details can be obtained from your local VA representative.



Consumers—do you want to save money by taking a course? Nope, no one's kidding you. Your education office can tell you all about a meat-cutting course which should help stretch your food budget.

The Air Force, through the Extension Course Institute, offers a meatcutter course (CDC 61250) which offers instruction in cutting and preparing a wide variety of meats and poultry, including beef, veal, lamb, pork and chicken. Information is also provided on the use and care of meatcutting equipment, including both hand and powered tools. Additionally, there are sections on wrapping and storing meat.

The course is heavily illustrated, so the student will be able to cut the meat properly in most instances without professional supervision. Some meat cutting jobs, do, however, require special powered saws and cannot adequately be completed without the proper equipment. Good knives are sufficient in many instances, though.

The best reason to take the course—it's free. Army personnel are eligible to take ECI courses and should contact their education officer.

Drug tests—The Department of Defense has directed that urinalysis be suspended as a part of the drug abuse program. This action comes pending a decision by the Court of Military Appeals (COMA) on the Army's petition for a hearing of US vs Ruiz.

The recent COMA decision involved a 1971 case of a soldier who refused to submit to urinalysis. The court's decision was that it was the right of a soldier under Article 31, Uniform Code of Military Justice if "the evidence is to be used for disciplinary action or for administrative elimination proceedings at which the soldier could be subjected to a general discharge."

The DoD drug control program will be continued in all other aspects and is considered essential in identifying and hopefully rehabilitating drug users. The program is also an effort to maintain combat readiness and to provide for the health and welfare of service members.

ASA Builds a Bond of Friendship



SP4 Bob Lembeck has the hard job while two smiling villagers load him up for his trip.

Project Bektasaga drew to a successful close with an unofficial ceremony and large banquet at Bektasaga, Turkey.

Three buses and about 80 GIs from SCDI made the 25 kilometer trip to the village to view the ceremony and enjoy a huge feast served by the local populace.

Speaking on behalf of the village to the Turkish-American crowd, Ismail Akay commented on the project.

"Three years ago we were thinking about building this school, and we set up an association. The Americans helped from the beginning, and have helped through the whole construction.

"Completion was not easy. Americans gave us much salvage which we sold to raise money, they gave us many contributions, and they helped us personally. We want to express our sincere appreciation for that help.

"But more important than our thanking the Americans is that the next generation of this village will study here and remember the American help—it will be a symbol of good relations forever," said Akay.

Sinop Deputy Governor Emin Bayar noted that the Americans had seen the great needs of the association and had immediately helped, which is a "symbol of cultural

friendship between Turkish citizens and Americans stationed in Turkey."

LTC Robert Oberbroeckling, Commander of FS Sinop, noted, "This is a very happy day for the Americans—not only those here now, but also those who have gone back to the US.

"We enjoyed working out here, and had fun coming here to help with this worthy project.

"This building will stand long after we're gone, and will help cement relations between Americans and Turkey. The important thing is not the money—it is the friendship," he said.

The command was presented with



Fall means school in any language— Local Turkish children prepare for the opening of their new school by helping clean the windows. Top right, a new student is hard at work. But photos above and right show that recess is the best part of the day.

a plaque, and the Post Chapel was presented with a plaque and two meter-high candle holders for their roles in the project.

After the speeches, the American visitors toured the newly-completed school. A multi-course feast hosted by the community ended the day of ceremonies.

During Project Bektasaga's history, about \$10,000 was contributed by Diogenes Station personnel. The project also netted thousands of volunteer man-hours of labor on the school.

On May 8, 1972, PMO personnel undertook, as a community relations program, the repair and repainting of the elementary school at Bek-

tasaga. Thru this first major contact, SFC Steve Massie noted that the villagers of seven close-knit communities were attempting to build a middle school.

"Desiring a brighter future for their children, the communities' aim is to educate them, permitting them to compete in the labor market of larger cities," stated SSgt Doug Cederquist in September of 1973.

Yet this was nearly impossible to do until the project started, for there was no middle school in Bektasaga. Very few graduates of the grade school were given the opportunity to attend middle school in Sinop due to transportation limitations and de-

mands at home for work in the farms. Students who wanted to continue their education beyond the required five years had to virtually move to Sinop or Gerze.

Understanding the communities need for the school and the help needed to finish it, Massie helped to get the ball rolling. Project Bektasaga was born. The new school will be within walking distance for most of the students.

Two years later, after work projects, fund drives, collections, and help, the communities' dream has finally been realized. Project Bektasaga is alive and well 25 kilometers west of Sinop.

Don't Leave That Leave Behind

As more and more Scrooges hang onto their leave, the Department of Defense urges them to "use or lose" it.

Commanders have been encouraged to plan for annual leave for all their people to help them use an average of 30 days leave each year.

In particular, DoD wants the granting of 30 days leave between a change-of-station to become more common. This is addressed toward solving the leave problem for units not manned for leave and unmanned combat units at home and abroad. (Basic guidance on "Leave and Liberty" to the four Armed Services was given June 29, 1974, in DoD Directive 1327.5.)

If you have leave—use it, providing arrangements can be made with your duty station. Individuals who have more than 60 days of leave accumulated each year

are forced to lose any amount over 60; and time lost is money lost. This amounts to 800 thousand lost leave days each year! Another reason to use extra leave is to answer increasing public criticism that military leave is too costly. Four hundred million dollars worth of unused leave is cashed in annually by servicemembers.

"There are many who feel that this simply reflects that our leave entitlements are excessive and overly liberal" said Deputy Assistant Secretary of Defense (Military Personnel Policy) Lieutenant General Leo E. Benade.

He added, "I think we have to face the fact that many times Congress will provide an entitlement for members of the Armed Forces and then over the years that entitlement is used in ways not intended. Because of the passage of time, members begin to regard it as a right. I am not quite clear, sometimes, what people mean by a right. I don't believe you can ever have a right to something which is outside the intent of the letter of the law that gives us the basic entitlement in the first place."

Although the general emphasized the use of individual's leave, the law granting 30 days of leave each year has not been changed. Individuals may still cash in up to 60 days of unused leave when they leave the service.

Service members should take leave for their physical and mental well being.

Its a Cruel World

submitted by
SSG H. J. Wooldridge
FS Misawa



"WELL DEAR - OFF TO WORK ANOTHER MISERABLE MID"

News from Capitol Hill

Military Money

A major change in military paychecks occurred in 1967—the year Congress approved a standardized means of granting pay increases to military personnel. That bill, Public Law 90-27, brought about the general belief in the Department of Defense that military pay is generally competitive with wages in the civilian community.

House Resolution 13937, if passed, will revise a part of Public Law 90-27. In doing so, it will change the method of allocating pay raises for military personnel. Instead of putting all of each military pay raise solely into basic pay, future pay increases would be allocated to all three cash elements of regular compensation:

basic, pay, basic allowance for subsistence, and the basic allowance for quarters. The proposal asks for each of the three cash elements to be increased by the same percentage as Federal civilian's pay increases. (The military already receives pay increases whenever Federal employees receive one.)

Under the present system, the projected pay raise of 6.2 percent in October translates into 8.1 percent increase in basic pay alone. If the revision is adopted, each of the three cash elements would receive a 6.2 percent increase.

This revision has been approved by the House and is waiting Senate approval.

What's Your Shape ?

**How many people do you see
exercising in the gym?**

**As many as you see
sitting in the barbershop?**

**Discover what ASAers think and do
about this shapely subject
on the following pages**



Get In Shape For the Best of Your Life

The Army and ASA place great emphasis on proficiency and MOS tests and even hands out money to those who do well. Can we be concerned totally about the fitness of our brains and forget the fitness of our bodies?

Questions are often asked by young officers and enlisted men as to why supervisors who feel they don't have to keep in shape to perform *their* jobs, will also feel that individuals in their shops have to have shiny shoes, polished belts and keep their hair trimmed within the bounds of AR 600-20 to do *their* jobs.

Regulations are important to the Army, just as important as the Constitution is to the United States and the Grundgesetz is to Germany.

To determine if one regulation is given more emphasis than another an informal survey was taken at Headquarters, Army Security Agency, by the Hallmark Staff. Individuals of all ranks and physiques were asked about two Army Regulations—both dealing with the general topic of personal appearance.

How Do You Feel?

They were first asked if they could name any specifics of AR 600-20 section VI entitled "Appearance," and more specifically, haircuts.

Seventy six percent of the individuals said "Sure, your hair must be neat and can't fall over your collar. You can have a block cut but you still have to be able to wear your hat properly. Your sideburns can't be below the lowest part of your ear opening. If you wear a 'stache, it can't fall below your bottom lip."

The same individuals were asked if they knew any specifics of AR 600-9 which also deals with appearance. Interviewees were told that the regulation dealt with the Army Physical Fitness Program.

Only 23 percent of the individuals questioned could even begin to name one part of that regulation. Answers from this group showed they knew that all individuals in the Active Army must (on an individual or unit basis) follow a physical fitness program on a year round basis. They also were able to state that it is up to the unit commander to determine the use or frequency of testing

physical fitness within his unit. One individual who was knowledgeable of reenlistment regs said "...if a person is up for reenlistment and is overweight, the doctor can put him or her on a diet. That individual," according to the interviewee, "is not supposed to be able to reenlist until he reaches his desired weight."

"But", he said, "it just doesn't work that way."

What's Typical?

A Master Sergeant who was included in The Hallmark interview felt that nothing good would result from this type of survey. "Sampling any headquarters personnel does not present a true picture of what it is like in the field."

This could be true. Maybe haircuts aren't given discipline precedence in the field; top physical shape is a necessity for the tactical units. In many people's opinion, "when a man or woman is in top physical shape, his appearance naturally improves."

And, if it doesn't come about naturally, why isn't a total "neat and trim appearance" emphasized instead of only the "neat" part of it?

"I'm supposed to listen and be guided by NCOs" said one specialist four about to ETS. "How can I be expected to listen to him tell me about my body if, when he stands up, he can't see his feet?"

And some people feel that you can't blame this SP4 for his attitude.

He further went on to say that "while undergoing Army-wide reductions and adopting new policies in reference to the Volunteer Army, the 'strong, ready around the clock' tradition of the Army has faded into the background."

Even a strong proponent of a "good, neat soldier" felt almost the same way. "I feel a soldier, regardless of his rank or age, should always be combat ready." Often the excuse for an individual remaining in a desk job is because of a permanent profile. "...but I say if a guy can't make it on the field, he shouldn't be in the Army

in the first place. Let the civilians carry on the paperwork.”

A captain who is also stationed at Headquarters feels just about the same way. While discussing the shape (or maybe we should say out of shape) of personnel in non tactical units, he added “Everyone, regardless of their assignment, should keep themselves in top physical condition.”

This same officer, who jogs daily, doesn’t advocate the initiation of PT at Arlington Hall or anywhere else for that matter. The Army needs to find a more challenging way of helping individuals keep in shape.

But suggestions for a half day off for some types of physical fitness program at AHS are met with scorn. “After all, we’re Headquarters”, said one NCO, “you can’t expect us to just leave every Wednesday afternoon”.

Although this is true in some instances, ideas for keeping in shape at any tactical or non tactical unit shouldn’t be dropped because of a few. Most people aren’t indispensable.

Some army units have been able to solve the problem by simply closing shop. On any given Friday afternoon, one could see enlisted men, NCOs and officers playing football, soccer or volley ball. Even those with profiles were expected to participate in a less strenuous sport such as horseshoes or bowling. Everyone can enjoy keeping in shape at those units that participate in this type of program and “everyone” includes the lowest to the highest ranks. To enforce the program, absentees (or those who tried to skip out) were marked AWOL.

Mandatory PT?

One ASA tactical unit has mandatory PT every day and their commanding officer is right out there with them, keeping in shape. “If it’s raining in the morning, we’ll be out there in the afternoon” said one member of the unit.

Tactical units have to be “ready, able and fit”. But what happens if that tactical unit needs some fill-ins in combat situation? Generally, non-tactical units will be called upon to fill the spaces. Will you be ready?

The primary goal of any soldier should be survival. “This”, according to one Colonel questioned, “he should consider of primary importance: too many times a man will go in a corner and die—just shrivel up and die. He has lost either his will or his ability to live.”

If a commander can’t make the physical and demanding requirements of a tactical situation, think how many of his troops may not make it either because they have lost a leader.

More important, from the ASA angle, one must remember that the ASA role is one of support. If an ASA soldier can’t survive, the hundreds and sometimes thousands of people who are depending on him may not make it either.

To Live Or Not To Live

Do you ever reach the point of no return? The author of the following discussion of physical fitness feels there is an answer.

Writing about physical fitness is like writing about having lots of money—we have it or we don’t.

Physical exercise, pleasure to some, pain to most, is widely recognized as the key to a long productive life, but it seems that most of us have too many other keys to keep track of; the key to the car, liquor cabinet, or refrigerator.

Many of us, this writer included, enjoy good food and good liquor, but there comes a point at which our consumption of the finer things of life, overtakes our level of physical activity, resulting in a beer belly, which many of us pat after a healthy belch, and dismiss with the all too-familiar words: “That’s a lotta good beer.” Needless to say, looking pregnant when you’re not, especially if you are a guy, does nothing whatsoever for your self-esteem or your social image.

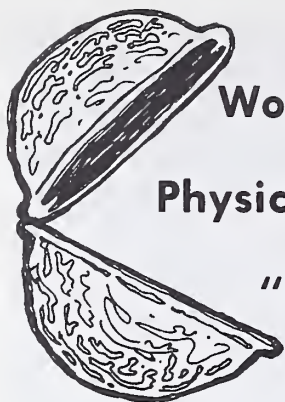
Here is where the phenomenon known as apathy enters the picture.

When your wife mentions that you should take off a couple of pounds, but you continue to eat those mashed potatoes and gravy, when your First Sergeant mentions that you could stand a little exercise, like a few laps around the track, but you continue exercising your arm lifting a loaded fork to your mouth, when your supervisor casually notes that your uniform is getting a little tight, and you occasionally get a little tight yourself. It’s time for that bane of your existence, physical exercise.

There are many pleasant activities requiring mild physical exertion, many that require a major effort to complete, and are less pleasant. Don’t rebel at casual hints and suggestions that you get some exercise, they are not asking you to kill yourself, but you sure as hell will kill yourself anyway, if you don’t change your eating habits and exercise regularly to improve your circulatory system.

Just remember—when you get a pain in your chest more excruciating than any you could ever imagine, when this pain known as angina pectoris begins to radiate down your left arm, telling you that a myocardial infraction is in progress, when the blood vessels in your heart become constricted with fatty deposits, accumulated over a long period of bodily abuse, when you become lightheaded and sweaty, pale and disoriented, when your whole short life passes before your eyes, just before those lights go out for the last time, REMEMBER—YOU DID IT TO YOURSELF!!!!

SP4 Jim Patten



Worldwide Physical Fitness

"Nuts"

The following articles on individual involvement in physical fitness are proof that today's ASA soldier can be neat, trim and fit.

How do you spend your free time? The ways can be as varied as the spenders.

To narrow down this vast field of leisure time, The Hallmark asked ASA units to report on their physical fitness activities.

Individual picker uppers ranged from jogging to karate and from volleyball to weight lifting. Some, like the Nooners at Diogenes station formed a club to keep enthusiasm high. Gary Leavitt of the Diogenes staff provided us with the following account.

"All they need to do is bring their body—we'll take care of them." No, this is not a statement from a drill sergeant waiting to meet his next shipment of trainees. The man speaking is SSG Jilbert Well, Recreation Services NCO. His topic: Nooners at Diogenes Station.

Nooners (also known as the workout for lunch bunch) is an organization that provides the chance for individuals to get some exercise who may not normally get that chance.

"We start Nooners for people who were not too talented in sports in order that they would have something to do to get and keep fit," says Wells.

"We lend them as much assistance as we can as far as making sure they do what they want to, recommending how to get in shape, and so on.

Recreation Services provides all needed gear, whether it be shoes, socks, jocks, towels, shorts, lockers and locks, paddleball courts, gym weights . . .

And the men bring their bodies.

"They come in here and work out on their own, more or less, for whatever their private reasons are" getting in shape before going back to the States, losing some weight, and so on," Wells said.

"It's up to the individual."

The key to the program—it's an individual thing. No slogans, no pressure, a do-what-you-want operation. In fact, as far as physical fitness at Diogenes Station goes, the individual is the key element—there is no unit physical fitness program here.

"Not everyone can come in to workout on their lunch hour," noted Wells. "The Nooners is not big, and is small in comparison to everything else."

"The Nooners only amount to about 3 percent of the men here, compared to 39 to 40 percent who use the facilities or participate in sports. In fact, because most of the people here are trick workers, the odds are good that you'll find more people working out at 2 a.m. than you'll see working at noon."



DO NOT WALK ON GYM
FLOOR WITH STREET
SHOES OR BOOTS

Keeping in shape in Turkey includes using the gym equipment (below) and giving tennis shoes, heart and lungs a good workout while jogging (above).



Nooners starts at around 11:15 a.m., when people would normally go to lunch.

"It usually winds down by one o'clock, but it's really a staggered thing. The schedule flows and changes depending on who shows up when—it's all on an individual basis," said Wells.

The program was started in September by 1LT James Herhusky, Recreation Services Officer. The men who come in do what they want—paddleball, handball, tennis, basketball, bowling, lifting weights, running, etc.—and are on their own.

"Nooners, as well as any physical fitness program on post, is really the personal program of the individual concerned," said Wells.

"Nooners could be called a nucleus, in that it is the only organized program, but most of the physical fitness program is the individual."

The men in Nooners come for various reasons.

"I come here to get in shape, and keep in shape," said CPT Roy Mathis, Post Chaplain. "I feel better, hold my weight better, and fit in my clothes."

Mathis runs about two miles a day.

SSG J.J. Mickleson, SP7 Ken Squyres, and CSM Bill Bowser bowl on the Nooners program.

"I enjoy bowling as much as any other sport," said Mickleson. "It's getting cold and wet outside, and this is good exercise—plus it keeps me in bowling practice."

"I enjoy the activity, I enjoy bowling, and it's good for weight conditioning," Squyres said.

"This keeps me from going over to the mess hall," said Bowser. "It's really not for weight loss, it's more for weight control. And it's a good winter activity."

MAJ Thomas Langhorne lifts weights and runs, but he also switches off, playing basketball one day, paddleball the next.

"This makes me relax, keep my weight down, and helps me put up with the rest of the afternoon," Langhorne said.

"I eat as much as anybody, I just burn it off."

Whether trying to lose weight, get in shape, or relax, the Nooners believe it's a good activity.

"It can't hurt you" noted Langhorne.

And it's not only ASAers in Turkey that feel that keeping in shape can't hurt you. Residents of Shemya feel the same way.

"Assignment to Heaven-on-Earth, USASAFS Shemya, Alaska, doesn't mean put the old sweatsuit and gym shoes in mothballs until you return to civilization. Instead, bring your equipment, a few muscles and your sense of humor along with you when you report to The Black Pearl of the Aleutians because they 'have it all' and are ready to prove it" says CWO Thomas Crow.

SSG "Dutch" Herman has the answer for those out of shape and out of breath individuals who complain that everytime they go into the gym there's standing room only for paddleball, handball, basketball, weight lifting and bowling. He hears complaints about odors from rotting sneakers, damp sweat clothes and perspiring guys, and has an answer to these people, too.

Shemya's answer to an overcrowded gym is an uncrowded 18 mile shoreline where one can walk, run, stumble, trip and fall along.

In some areas of the world it's called beachcombing, but in Shemya it's beachcombing minus the hula girls and intriguing messages uncovered from a water beaten jug.

According to Herman "to participate in the sport of beachcombing, you must get up at the "Crack of dark" (there's no dawn here), open your good eye (not the wind burned one) and peek out to see if it's raining or not. You may decide right then and there, WOW, this is going to be a beautiful day. The wind is only 40 knots from the north, chill factor is minus 18 degrees."

Beachcombing can be profitable as Herman is quick to point out. Benefits include being able to

1. Start to be able to take nice, long deep breaths of what may be the last remaining unpolluted air in the world or
2. feel like jogging along the open, sandy beaches or
3. sleep better at night because of all that exercise or
4. be tired as hell which leads to number 3 or
5. all of the above.

His other benefits include dreams about mermaids, finding Japanese bottles and decanters and fishing nets.

The best find of all is the elusive Japanese Ball.



Do you get out of breath walking up the three flights of stairs to use your brain? Or, do you feel as ready to work as this dapper NCO?



Should keeping in shape be mandatory?

But SP4 “OD” O’Dennis finds more active ways to spend his extra time in Alaska. His ears are tuned to the knocking and bouncing of balls. In between the bounces he hears such sounds as “Tweet, 5 serving 3. Tweet, you’re over the net, change serve.” Interest and involvement in these activities keeps his body and morale in shape, especially at the time of the annual Shemya Christmas Invitational Tournament when competition was especially tough.

Shemya’s paddleball expert, MSG “Aaw” Murdock, bowling enthusiast, SSG “Gee Gee” Miller and Karate supporter Frank Hubble, encourage (and receive) individual and unit participation in these rewarding events.

The Aviation EW Company at Ft. Bliss, Texas, has karate enthusiasts who have earned Tai Kwan Do black belts. SGT John Spugnardi, third degree, also conducts classes in the basics of the ancient Oriental art for company personnel and their dependents. SP5 Jerry Osborne, first degree, has been practicing karate for eight years.

Concentration is part of SP4 Kent Mayers’ activities. He devotes an hour every day to a series of systematic stretching exercises. Body tone is essential in Yoga as is complete breathing. These give him a “feeling of overall well being,” and holistic unity of body, mind and soul.

In typical Army spirit, CW2 Mike Lazik, also a member of the EW Company, plays a daily game of

paddleball so he can “pull Preventive Maintenance” on his body. His partners are CPT Rod Miller, CW2 Fred McAnarney (who plays so he can fit into his greens) and CW2 Jim Murphy.

Another noon time exerciser is CW2 Bill Statt, coach of the company’s basketball team. But he’s not happy exercising alone—his basketball team undergoes three grueling practices a week.

Another advocate of “fine Oriental Arts” at yet another field station is SP5 Reyburn E. Owen from the Test and Evaluation Center at Ft Huachuca, AZ. He is literally “up in the air over physical fitness”. Specialist Owen presently holds a Green Belt in Tai Kwon Do, and has some training in Kung Fu and Judo. These arts, which encourage discipline of the mind and body offer a superb way for Rey to keep in shape.

The 303d ASA Battalion at Ft. Hood, TX, provides its members with a year round sports program. 1LT James Robertson, a college football scholarship winner, is one of the many participants in softball, flag football and paddleball tournaments.

But star athletes aren’t found only with a ball in their hands. SP5 Paul J. Mikaele, a champion boxer from



Strength and endurance like this don’t happen overnight.

Samoa, also holds a black belt in Karate. He also was a Gold Medalist in the South Pacific, winner of the New York Golden Gloves Tournament in 1968 and Naval Boxing Champion in 1970.

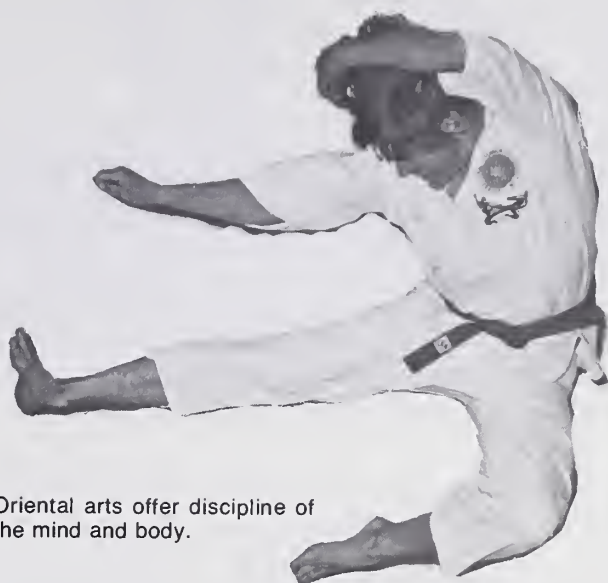
SP4 James Reffenberick has opted for a non contact sport to keep in shape—bicycling. Since May, he has logged a minimum of 140 miles a month on it while watching out for the skunks and careless motorists who are the bicyclist's primary hazards.

Food, glorious food—the doom of many a weight watcher. Captain and Mrs. Dean A. Pigman have solved this problem by incorporating wheat germ into their daily diet.

An interest in organic foods began when a family member was placed on such a diet for health reasons. The diet was successful and the rest of the family decided to give it a try.

The Pigman's feel that the key to such a diet is not so much the elimination of common foodstuffs but the addition of wheat germ, whole wheat, brown rice, unrefined sugar and other natural state foods to a normal diet.

In addition to his use of natural foods and supplemental vitamins, CPT Pigman has planted his own vegetable garden, much to the delight of the neighboring chickens.



Oriental arts offer discipline of the mind and body.



Vint Hill Farms Station has started a "Run for Your Life" program. It's well structured and it's volunteer, two good indicators of a good program. It has phases for people who are just starting to get in shape and for those already in good physical shape. The primary concern of the Run for Your Life program is not whether one participates in a program of this kind, but whether one participates in a physical fitness program of any kind.

One of the members of the Run for Your Life is Mr. William Russell, who is also a believer in health foods. "I take specific doses of vitamins each day along with organic vitamins, protein supplements and alfalfa which I feel is best."

SP4s Bonnie Hess and Chata Terrell call sports one of their favorite pastimes. PFC Andy Hegel and LT Jeff Mitchell would no doubt say the same thing. Both are jogging fans, too. Andy runs three miles daily and Jeff leads his unit in training consisting of a daily 1½ mile jaunt.

Keeping in shape and doing something new and challenging is the goal of the 402d USASA Special Operations Detachment (Airborne) at Ft. Devens, Mass. They offered a class in rappelling to the women of Captain Gail Landry's "G" Company.

Forty of CPT Landry's WACs were not intimidated by the 60 foot repelling tower, the chilly weather or the stares

of disbelief from the bystanders of the 10th Special Forces Group (Airborne). Most of the women were rather apprehensive about the first big step, but after the initial shock, they let it all hang out. (Knowing medical assistance wasn't more than 60 feet away probably helped boost them up the tower.

Perserverance and an urge to prove themselves kept the girls going. Remembering that one third of the D Company men declined to descend the tower provided extra incentive and maybe dispelled some chauvinistic ideas concerning their ability to perform with "leg" field station males.

It is still felt that it will be some time before the ladies are allowed into the SODs with the Special Forces. However, with the spirit and enthusiasm shown by "G" Company that day may be sooner than we think.



Training can be tough.

The martial arts encourage quick thinking and good physical conditioning.



Making the perfect shot. . .



He boxes and holds a black belt in karate.



A Future Mr America?

How many times have you started a spring physical fitness program to create the new, new, new self-improved you?

For most of the presummer fitness fanatics, these self-contrived exercise plans (which may consist of jogging, playing tennis, swimming, and, possibly, eating health foods and numerous multiple vitamins) are initiated early in the spring. But, in a few weeks or even days, they lose their novelty and are discontinued for the season only to be reinstituted next year.

But a minority of the weight conscious and health-oriented individuals who devise these annual regimens have the determination to stick with them. Specialist 4 Gregory Martin, who could easily become Mr. Physical Fitness of Fort Devens, Mass., is one of these rare persons who sets a fitness plan for himself and adheres to its guidelines—in his case, for the last five years.

Tightening up flabby muscles and strengthening seldom-used muscles is not Martin's primary goal. He's more concerned with improving muscle tone, developing muscle control, and maximizing his physical size. By achieving his optimal physical condition, the specialist hopes to reach his ultimate career goal of becoming Mr. Universe.

The term "body-building" usually isn't associated with physical fitness and isn't included in most physical conditioning routines. But, "10 minutes of posing is worse than a 2½ hour workout at the gym," the 24-year-old specialist says.

In appearing before a panel of judges, a contestant attempts to show the panel his whole body. The 5-minute posing routine of thirty



Martin, a former fullback for the Stanford University football team, strives for muscle tone.

10-second poses is devised by the individual and is coordinated in such a way as to exhibit most of the muscle groups and to emphasize the areas of best development. Posing combined with physical size are the two main determining factors in whether a man is going to be a good body-builder or not.

After working to develop a 51–29–34 figure (his chest measurement has been increased to 54" in preparation for higher levels of competition) and to perfect his posing, the soldier began entering various local muscle contests. By participating in and gaining experience from each showing, Martin moved up to the prestigious Mr. America and Mr. USA Contests.

To enter the Mr. America Contest, he was required to submit an application requesting a slot in either the short (5'8" and under) class, the medium (5'11") class, or the tall (5'11" and over) class. After being accepted in the short classification, the 5'8", 185 lb. Martin had to prepare for prejudging by working out twice a day for two hours each session.

After his initial selection was verified, he began an intensive workout program which concentrated on the use of lightweight exercise weights and an increased number of repetitions. His work routine would start with a bench press of 225 pounds with a few repetitions and work

down to 135 pounds on the press with repetitions reaching a maximum of 50.

Throughout his training program, Martin religiously follows a high-protein diet and the daily consumption of 65 vitamins. "I take everything from A to E plus desiccated liver and yeast. I just leave the carbohydrates alone and concentrate on the proteins," he explained.

Final preparation for a contest appearance consists of oiling down with Baby Oil. A thin film of oil on the skin gives the body a sheen but it also highlights the cuts of your body—increasing the emphasis on certain muscle groups.

To reach his ultimate goal of becoming Mr. Universe, Martin must place first in the Mr. America Contest. By winning the first place honor, he will become eligible to compete in the Mr. Universe Contest.

"A body-builder can go back and compete in any contest as many times as he wants," Martin said.

With his second-place honors in the 1973 Mr. America Contest, the specialist is just a short distance from accomplishing his goal. After graduating from his 05 course in December, he will be reassigned to Vint Hill Farms, Va. His stateside duty will enable him to continue preparation for the top body-building honor of becoming Mr. Universe.

State Bonuses for Vietnam Veterans

Fifteen states and the territory of Guam have now authorized the payment of a bonus to veterans who served during the Vietnam era. With the end of the Vietnam Conflict on January 27, 1973, several of the states have changed their eligibility requirements and others have applied cutoff dates. In all cases, eligibility determination rests with state authorities and individuals must apply in order to allow state authorities to rule on the individual's claim.

Connecticut—Individuals must have had at least 90 days of active duty between January 1, 1964 and January 27, 1973, and must have resided in Connecticut for at least one year prior to entry on active duty.

Contact: Veterans Bonus Division, State Treasurer's Office, 20 Trinity Street, Hartford, CN 06115.

Illinois—Individual must have served on active duty on or after January 1, 1961, must have been awarded the Vietnam Service Medal, and must have resided in the state for at least 12 months before entering active duty.

Contact: Illinois Veterans Commission, Vietnam Compensation Fund, 221 West Jefferson St, Springfield, IL 62705.

Indiana—Individual must be on active duty or have been honorably discharged, must have been a resident of Indiana for at least six months prior to entering active duty, and must be entitled to either the Armed Forces Expeditionary Medal (for service in SEA between July 1, 1958 and July 3, 1965) or the Vietnam Service Medal (for service between July 4, 1965 and March 28, 1973).

Contact: Indiana Department of Veteran's Affairs, Vietnam Veterans Bonus Division, 707 State Office Building, Indianapolis, IN 46204.

Iowa—Individuals must have had at least 120 days of honorable duty during the period listed, must have been a legal resident of Iowa for at least 6 months prior to entry on active duty, and must meet the following conditions: they must have served between July 1, 1958 and August 4, 1964, and must have earned the Vietnam Service Medal or the Armed Forces Expeditionary Medal-Vietnam.

Or—between August 5, 1964, and June 30, 1973, must have earned the Vietnam Service Medal or the Armed Forces Expeditionary Medal-Vietnam.

Or—between August 5, 1964, and June 30, 1973, for individuals who did not earn either the

Vietnam Service Medal or the Armed Forces Expeditionary Medal-Vietnam.

Cutoff date for making applications is June 30, 1977.

Contact: State of Iowa Vietnam Service Compensation Board, State Capitol, Des Moines, Iowa 50319, or the County Recorder of county of residence in Iowa, or any veterans organization in IA.

Louisiana—Individuals must have served in the Vietnam combat area between July 1, 1958, and March 28, 1973, and must have been a citizen of the State at time of entry into the military service. Cutoff date for making applications is March 28, 1978.

Contact: Department of Veterans Affairs, Vietnam Bonus Division, 3rd Floor, Old State Capitol, Baton Rouge, LA 70801.

Massachusetts—Veterans must have had 6 months of active duty between July 1, 1958, and April 1, 1973, and must have had at least 6 months legal residence in the State immediately prior to entry into the military service.

Career officers must have at least 3 years continuous service after July 1, 1958.

Career enlisted men and women must have completed at least 3 years service after July 1, 1958, and must have completed their first enlistment.

Career officers and career enlisted members whose active service began before July 1, 1958, must have had legal residence in Massachusetts for at least 6 months prior to that date.

Contact: Commonwealth of Massachusetts, State Treasurer, Bonus Division, Room 227, State House, Boston, MA, 02133.

Minnesota—Individuals must have been residents of the State for at least 6 months prior to entry on active duty and must not be eligible for a bonus from any other State.

The periods of active duty must have been between July 1, 1958, and July 27, 1973, for holders of the Armed Forces Expeditionary Medal for

service in Vietnam or holders of the Vietnam Service Medal. Payments for domestic service and non-Vietnam foreign service will be restricted to the period August 5, 1964, and January 27, 1973.

Contact: Commissioner of Veterans Affairs, Vietnam Bonus Division, Veterans Service Building, St. Paul, MN, 55155.

North Dakota—Individuals must have had at least 60 days of active duty between August 5, 1964, and January 28, 1973, and must have been a legal resident of the State for at least 6 months prior to entry into the military service. Deadline for the receipt of applications is January 27, 1976.

Contact: Adjusted Compensation Division, Box 1817, Bismarck, ND, 58501.

Ohio—Individuals must have been a resident of Ohio prior to entry on active service and must not be eligible for a bonus from any other State. Active duty applicants must have service certified by personnel office. Veterans must submit original size copy of Report of Separation (DD Form 214). The period of active duty must have been between February 28, 1961, and July 1, 1973, for other service. Individuals must have had at least 90 days active duty (except active duty for training only) in the Armed Forces unless active duty was terminated within the 90-day period as a result of injuries or illness sustained in Vietnam service.

Contact: Director, Ohio Vietnam Veterans' Bonus Commission, Hartman Theatre Building, 79 E. State St., Columbus, OH, 43216.

Pennsylvania—Individuals must have served on active duty in the Vietnam theater of operations, be eligible for the Vietnam Service Medal, and must have been a legal resident of the State upon entry into the Armed Forces. Eligibility period is July 1, 1958, to March 28, 1973. Deadline for applications is March 28, 1975.

Contact: Commonwealth of Pennsylvania, Vietnam Conflict Compensation Bureau, Harrisburg, PA, 17120.

South Dakota—Individuals must have had service in Vietnam between July 1, 1958, and August 4, 1964, or must have had at least 90 days of active duty in the Armed Forces after August 5, 1964, to April 1, 1973.

Cutoff date for applications: January 1, 1975.

Certain disabled Vietnam-era veterans may collect the maximum bonus, without regard to a time period, if these individuals were 10 percent or more disabled on July 1, 1972, or later, for Service-incurred disability while on active duty in

the Vietnam area anytime from June 1, 1958, to April 1, 1973. Such individuals must have received or been eligible to receive the Vietnam Service Medal.

Contact: Director, South Dakota Veterans Department, Old Post Office Building, Pierre, SD, 57501.

Vermont—Individuals must have served on active duty in an enlisted grade after August 5, 1964, and before April 1, 1973, and must have resided in the State prior to entering active duty.

Contact: Military Department of Veteran's Affairs, State Veteran's Affairs Office, City Hall, Montpelier, VT, 05601.

Washington—Individuals must have been on active duty between August 5, 1964, and March 28, 1973, must have received the Vietnam Service Medal, and must have been a resident of the State for a one-year period immediately prior to entry into the Armed Forces. In addition, individuals must not have received a bonus from any other State and must not have served continuously in the Armed Forces for a period of 5 years or more before August 5, 1964. Termination date for application is March 28, 1975.

Contact: Vietnam Veterans Bonus Division, Box 586, Olympia, WA, 98504.

West Virginia—Individuals must have been a resident of the State for at least 6 months immediately prior to entry into the Armed Forces and must have served for 90 days or more between August 1, 1964, and March 28, 1973.

This payment was approved by the voters in a special election held on November 6, 1973. It will now be necessary for the 1974 Legislature which convened in January to enact a bonus law and arrange for funding for the payments. State officials anticipate that application forms will not be available until the latter part of 1974.

Contact: Department of Veterans' Affairs, 612 Atlas Building, Charleston, WV, 25301.

Individuals who are disabled from Service-connected causes or the survivors of those deceased from Service-connected causes which were incurred during a compensatory period should contact the appropriate state to determine eligibility.

The above information was obtained from officials in the States listed; determination as to eligibility, cutoff dates, and payment schedules are made by these State officials.



pass in review

A roundup of ASA news from Hallmark correspondents



Members of the 504th ASA Group pose in front of their new home at Hunter AFB, GA.

Georgia

504th ASA Gp, Hunter AFB— It's official—the 504th has moved from Ft Bragg, NC, to Hunter Army Air Field, Savannah, GA.

The 504th ASA Gp is designated as a Headquarters for all CONUS tactical ASA units and those units in Alaska, Hawaii and Panama. The 504th will continue to be under the direction of HQUSASA.

Colonel Richard H Koenig, formerly, Division Chief, NSA, will command the 504th.

USASA Sec Det, Region II— SP5 Keith D Rambo from Riverhead, NY, and SP4 Mary L Lester from Batesville, MS, both 05Gs assigned to the Security Detachment, recently took the reenlistment oath. Their combined reenlistment bonus resulted in over \$18,000.

Thailand

7th RRFs—The 7th recently experienced a change in chiefs. Colonel John P. Brown assumed com-



SP5 Keith Rambo and SP4 Mary Lester happily take their reenlistment oath.

mand from LTC John F. Phelps who is scheduled for assignment with the National Security Agency, Ft Meade, MD. COL Brown comes to Thailand from Ft Leslie J McNair, where he attended the Industrial College of the Armed Forces.

Hairy issues—Ramasun has finally reached the long hair stage. With the coming of summer, so came the ladies. SP4 Linda Carlson made Ramasun history when she arrived there in May. The 26 WACs now at the 7th should be joined by more toward the end of the year.

Adding a little femininity to this previously all male post, the girls, whose MOSs range from 71Bs to 98Cs, will be pulling their fair share of the load around post.

Arizona

USASAT&EC, Ft Huachuca— Major General Jack Albright, commanding general of the US Army Communications Command, presented a group of federal employees certificates of appreciation for patriotic civilian service.

Among the recipients was Mr Hugh S Beaudoin of T&EC. The employees were recognized for their service as city councilmen in the neighboring communities of Sierra Vista and Huachuca City.

Japan

USASAFS Misawa—What is it that Bob Higgins, Gary Murphy, Dave Gogert and Keith Wilmot have in common? All four recently sewed on new Staff Sergeant stripes. They were promoted in recognition of their loyalty, duty performance and outstanding leadership abilities.

Virginia

Finance and Accounting Office, AHS—Ms Mary Elizabeth Thompson, who retired from CF&AO in January 1973, proved "it's never too late." She will be getting married (for the first time) on September 21. Who

says people over 40 are over the hill? Maybe life really does start with retirement.

USAG, AHS—Ms Ruth Archer knows how to make the airlines work for her military friends.

Recreation Program Director, at AHS, Ms Archer recently completed a week long training session conducted by Eastern Airlines which was designed to provide essential skills in all forms of travel planning as part of the Army's Information Tour and Travel program.

Mr Paul Kaloostam, Eastern's Manager—government and military sales said "We're committed to giving the military community maximum value for its travel dollar."

Massachusetts

USATC&S, Ft Devens—Colonel R.B. Mosser recently assumed command of the USASA Training Center and School from retiring Colonel R.L. Lewis.

The July 30 change of command ceremony was held at Rodgers Field, Ft Devens.

During the ceremony, COL Lewis, outgoing commander, was presented

the first Oak Leaf Cluster to the Legion of Merit from Major General George A. Godding.



USASATC&S Continental Platoon shoots a salute to retiring commander COL R. L. Lewis. Below, CSM J. S. Henry presents the flag to COL R.B. Mosser.

NCO News

The US Army Sergeants Major Academy recently initiated a non-resident program.

Titled the USASMA Nonresident Course, it will consist of 520 non-resident hours, 60 resident hours and 45 hours of independent research. Course emphasis will be placed on individual and organizational behavior, leadership, communications and problems relating to managing and leading soldiers.

The new course will enable both Active Army and Reserve component senior NCOS to enhance their military careers.

The first class began August 15, 1974. Subsequent courses will begin each July. The applications for the second class are due October 30, 1974.

Active Army NCOs interested in applying should apply to MILPERCEN in letter format. Their ad-

dress is MILPERCEN, ATTN: DAPC-EPE-E, Alex, VA 22331.

Included in the letter should be

- class for which applying
- name
- social security number
- pay grade
- most recent PMOS evaluation score and date
- basic active service date.
- security clearance
- physical profile (PULHES)
- statement as to whether or not applicant has graduated from either a resident or nonresident advanced NCOES course.

• statement as to whether applicant has been selected for and declined attendance at a USA SMA resident course.

- current mailing address
- copies of DA Form 20 or 2-1
- waiver of TIS and/or pay grade as appropriate

Remember—applications for class two must be received by October 30, 1974.

Dress Up, Drink Up and Have a Dashing Time at the ASA Picnic



People came from all around to enjoy the festivities.

Wine, women and song were only a part of the fun at the ASA Picnic. Men, women and their dependents gathered at Vint Hill Farms Station for an afternoon of food and fun, gab and games.

The same type of fun-filled afternoon was enjoyed by the 504th ASA Group at their new home—Hunter Army Airfield, Georgia.

The term “eating high off the hog” was not used lightly by these folk. Their menu included barbequed hog, which added to the typical picnic delicacies of fresh fish, fried chicken, hamburgers and hot dogs. What else? Deep fried hushpuppies furnished the final touch to a sunny day Southern atmosphere.

ASA picnics showed their skills with flying frisbees, others joined groups of softball and volleyball players. At Vint Hill, carnival barkers lured eager participants to try the “game of all games” and win a beautiful stuffed animal. Non-spenders watched a demonstration of a radio operated airplane, while their children wished they owned one. All proceeds from the picnic went to the ASA Benefit Association.

As the balloon man says: Make the ladies happy, make the children happy. Make everybody happy! That’s exactly what happened.



Members of the 504th Group know good food when they see it.

SSG R.L. Carter, winner of one of the 10 speed bicycles at a VHFS raffle.



Where are all the smiling faces?



R AND R REPORT

USASA sports, recreation and entertainment

Tennis

USA Avn Co, Ft Bliss, TX—Members of this company recently competed in the Fort Bliss tennis tournament. The four entrants—Mike Wasielewski, Pete Premo, Daryl Goldstein and Jim Murphy—met with varying degrees of success, but thoroughly enjoyed themselves and represented the EW Company well. That's what sports are all about, right?



Daryl Goldstein says that in two years he'll be ready for Billy J King.



Mike Wasielewski smashes a serve.

softball

Arlington Hall Station—The Military Police Company with a solid defense and long ball hitting of Bodie Yeatts, Bob McClosky, Dave Kouns and Bubba Land, won the Post level slow pitch softball championship for the second consecutive year.

The season went down to the final two games with the MPs defeating the runner-ups, the Alkies, 9-2 and 10-3.

The MP winners received a keg of beer from the losers—how else are they going to wet their whistles?

USASAFS Augsburg—Victory came to FS Augsburg in the final game of the ASA invitational Tournament Championship. They swept the 502d All Stars, 5-3.

After dropping the opening game of the tourney to Navy, 11-3, the Augsburg nine defeated the 502d, 4-1, and FS Berlin 6-1, to earn the right to meet the 502d in the championship game.

USA Avn EW Co, Ft Bliss, TX—The slow pitch softball team finished second in "AA" competition in the recent Ft Bliss tournament.

The winners then went on to take the Post Championship in a high slug-ging game.

Speed Setters

USASAFS Shemya, Alaska—A new Shemya athletic record was established by Master Sergeant Albert Murdock (ASA) and fellow islander, Senior Master Sergeant Kenneth O'Berry of the 6984th Security Squadron. The two NCOs ran 10 miles in 94 minutes and 36 seconds.

"When I first came to the 'Rock' I couldn't run 10 laps," said Murdock. One of the highlights of a Shemya tour is the vast opportunity to get in shape, or keep in shape. After several months spent building their stamina, both men maintain a regular athletic schedule of running and raquetball. Together, they've tossed aside 99 pounds of fat—42 for Al and 57 for Ken.

Al and Ken established the 10 mile timed-run for themselves as a personal goal and to encourage physical fitness among the soldiers and airmen who come to the 'Rock'.



MSG Albert Murdock (left) and SMSG Kenneth O'Berry carried their joint unit spirit to the gym floor.

The Fun Fitness Trail

Getting in shape is a personal decision. If you've already made that decision, you have a rewarding experience ahead.

In a technical sense, physical fitness can be viewed as a measure of the body's strength, stamina and flexibility. In more meaningful personal terms, it is a reflection of your ability to work with vigor and pleasure without undue fatigue. It means having some energy left for enjoying hobbies and recreational activities and for meeting unforeseen emergencies. It relates to how you look and feel, and, because the body is not a compartment separate from the mind, it relates to how you feel mentally as well as physically.

Basically there are three requirements for physical fitness—mobility, strength and endurance. Mobility is achieved by exercising each joint through its full range of movement; strength results from working the muscles against resistance and endurance is acquired through use of heart and lungs. It is the third requirement, endurance, that is the key objective of the Fun Fitness Trail.

Fortunately, the human body is designed for endurance; the more it labors, the tougher it gets. Even the nervous system is geared for strain and

not for either laziness or the automated life styles which technology has wrought.

The Fun-Fitness Trail was developed with several fundamental concepts in mind. The first is that physical fitness leads to happiness, with one's body, one's performance and one's work. The second is that above all else, exercise should be fun.

A number of jogging or so called physical fitness trails have already been developed, but they have several major drawbacks. Some of them are geared to certain types of exercises which are for only the athletically inclined person. In addition, some improperly designed facilities force an overload on the unprepared, unathletic body. This overload can be more dangerous than getting no exercise at all. Another drawback is that these facilities spell out the when, what and how of exercising, rather than leaving these choices to the individual. Many programs generally leave the fun out.

But not the Fun Fitness Trail. Developed by Universal Consultants of Vancouver, British Columbia, it has been designed to provide a wide selection of activities. Jogging, which has been overrated as an overall exercise, is generally restricted to interval training, i.e. jog a short distance, stop, ex-

ercise. However, the person who wants to jog for endurance or speed will still have the opportunity to do so since exercise stations are designed to be placed at the side of the trail, which leaves the trail free of obstructions.

The layout of a fitness trail provides for six jogging tracks of varying lengths. Three posted time standards—national track time, national teenage track time and suggested recreational time offer the jogger a guide for gauging endurance.

There are 22 standard exercise stations located at various points along the trail. Exercises range from body bends, chin ups, and arm and body rotations, various jumping exercises and sit-ups. Exercise equipment used can be as simple as rings, a high bar, steps and logs of varying heights similar to those stations used in the US Army confidence course.

For individuals interested in specialized activities such as golfing, skiing, illustrations of appropriate exercises are posted along the trail. Since the number of exercise stations can be easily increased, special exercises can be developed for situations where recreation interests center around a particular sport.

The rapid automation of nearly every aspect of life in contemporary society has emphasized the need for achieving and maintaining physical fitness. People are slowly but surely settling into a sedentary life style which can lead to nowhere but downhill for that amazing mechanism. The Fun Fitness Trail should be considered as a viable alternative to solving your lack of a physical training program.

Why not develop one today? Join the crowd! If your organization would like to develop a Fun Fitness Trail contact:

CO, USASA
Arlington Hall Station
ATTN: Lt James Pfister
Arlington, VA 22212

What's Your Shape?

Up With People

The following article emphasizes the age-old advice: "Think highly of yourself and others will too."

Soldier, never underestimate your attitude. Keep public faith and confidence in your uniform. Perform your duties with professional merit, and remember your image influences the people. The success or failure accomplished for the military are in direct proportion to the image you cast.

The United States Army is not in the business to make a profit as many large organizations, but it is to stand as a cornerstone for freedom. Yes, you are an Ambassador in green. It's your image that's reflected at the frontier of freedom. Each soldier has a vital role in shaping the Army image, and the first impression is the most important. The soldier should always wear his uniform with pride, for the uniform reflects his attitude towards his country. The neat, alert soldier is a source of pride, but the sloppy, dull soldier creates the image of "I don't care!" This latter attitude makes both career soldiers and civilians uncomfortable and unsure about overall efficiency of this image.

Be sure our image reflects self pride. A soldier should appear neat, alert and confident. Personal appearance sets the first impression. Speech and actions are the next factors. Make your soldierly image appear courteous and responsive. Show proper respect to the host country community.

Remember the use of loud and vulgar language is the failure to observe the basic social courtesies. Do have consideration for others. As a person, learn to be positive about our host country. Remember to reflect a favorable image, have respect for yourself and your uniform. Let your reaction be seen in your job, because whether you are a career soldier or just biding time, develop yourself and train now for your civilian career.

Remember, have pride in your soldierly image. The community is judging the Army by your performance. Your soldier image creates confidence or endangers the successfulness in accomplishing the mission. Attitudes of distrust or warm friendship are directly influenced by your image. Soldiers serve with pride. Be an important

key to the all volunteer concept. Remember to remind the American people and the world that the American soldier is the finest ambassador serving his country abroad. Let all people see you serve with pride.

CPT Donald Stump

An Eye-Opener

Much can be learned by looking around and watching exactly what's going on. A newly assigned NCO at Okinawa shared his observations during in-processing with the readers of the ASA newspaper—The Torrii Typhoon.

I recently arrived at Torii Station from a stateside tour (Ft Hood) and during my in-processing, I had occasion to observe the WAC personnel stationed here. It should be noted that of all the tours of duty in a world of different places I have under my belt, none of them had WAC personnel. I was therefore pleasantly surprised to learn there were WACs here in our little corner of "The Rock": I made a mental note to observe them (!) and assess their duty performance.

In my in-processing rounds, I have seen our female counterparts in a myriad of duties: trimming hedges, typing Army forms, shoveling dirt, pulling KP, working in both Headquarters and unit Orderly rooms, and I'm even told the girls man (pardon the expression) positions in the Operations Building. My brief association with them suggests that they're doing an exceptional job and justifying Uncle Sam's investments in them. Reports from various persons I've talked to confirm this.

The predecessors made their contributions during World War I and II when the menfolk were desperately needed in combat roles. Then it seemed that the majority of the girls, having answered the call to duty, returned home and turned over their jobs to men. Although there is not a major war raging right now, WAC enlistments are booming and the girls have once again taken their place on the Armed Forces stage. They're playing a big part and doing it well. This old troop commends them and the big job they're doing.

SSG John W. Brannon

Ideas and Opinions

"The exchange of ideas is the very motor of the democratic process"

Alan Barth

The American Dream

by SP4 George Kulas

*The men and women are young, the men and women are strong,
they serve their country and help it along.
They go through training that is quite the best,
and do it long hours without much rest.
They leave their homes and loved ones behind
for long tours in places which are not so fine.
They don't serve for money, fortune, or fame,
but serve for a cause which all men can claim.
They love their country and believe it's right
that all men are equal and for this they will fight.
They have fought many battles in years gone by
in which many men were wounded, and many men died.
But they will continue to fight in years to come
to protect the freedom our forefathers have won.
It's men and women like this that can make one proud
to say he's an American and say it out loud.
They are men and women from all races, religions and creeds
and without them our country would not be in the lead.
It's hard to say what the future has in store,
but these men and women have proven before
that they will accomplish what must be done
and keep our great country together as one.
To these men and women we can all give thanks,
to the Private, the General and all other ranks.
For they are the professional sailors, soldiers and marines,
and they are men and women who have always had
An American dream.*

Science & Medicine

Valuable Trash

American consumers are throwing away a valuable resource. Consumer groups and ecologists ask that families be aware of the advantages of recycling. They suggest:

- Let manufacturers and distributors know you are willing to buy products made from recycled materials.
- Be a thoughtful shopper and consumer. Be sure that the packaging and disposability you pay for is what you need. Don't throw away products into the trash heap when they still have a useful life.
- Support or start recycling projects in your office and community.

The Environmental Protection Agency has a free pamphlet which suggests what consumers can do about recycling household wastes.

Single free copies of "Recycling and the Consumer" are available from Consumer Information, Pueblo, Colorado 81009.

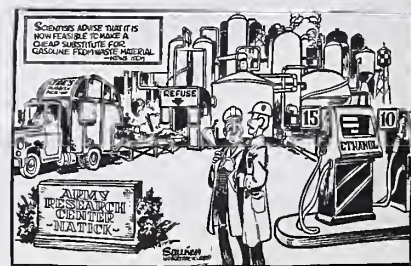
More trashy news—US Army Natick Laboratories (NLABS) have discovered that paper trash and wastes from the local garbage dumps could be the source of automotive fuel, plastic products and industrial chemicals.

The lab has found a way to make good use of the cellulosic part of the endless supply of trash by converting it into a glucose sugar. The glucose can be further processed into ethanol or used in the production of chemicals and plastics now made from petroleum.

Ethanol can be combined with gasoline to help power automobiles and other internal combustion engines

with little, if any, change to the carburetor.

Natick also feels that a large quantity of waste should be exploited as a source of energy and food. Breaking down waste material to usable glucose is technically feasible on a large scale by 1980, according to Dr. Leo Spano, Pollution Abatement Program Manager at NLABS.



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